

# TIPS FOR SHEDDING FINANCIAL FLAB, PG 8

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## Transit talks kept behind closed doors

**BLACKOUT** Once again, discussions between the city and the union representing the 2,300 striking OC Transpo employees are happening under a media blackout.

The Federal Mediation and Conciliation Service has asked both sides not to divulge information pertaining to the meetings that took place yesterday.

Meanwhile, the city is continuing with measures intended to mitigate the impact of the strike on residents.

Yesterday, Mayor Larry O'Brien spoke with representatives from the University of Ottawa, Carleton University, Algonquin College and La Cité Collégiale about emergency funding from the city to help enhance shuttle service on the Transitway to help students get to and from school during the ATU Local 279 transit strike.

City staff is expected to report back to city council regarding that funding, private vehicles using the Transitway and several other options at the city council meeting tomorrow.

METRO OTTAWA

**Learning Curve** pg 10

## Carleton puts spotlight on human rights

**Comment** pg 7

Faceoff on hockey fights

**Celebrity Buzz** pg 14



Winehouse set to divorce



Egyptian children and activists participate in a candlelight vigil in Cairo as they demonstrate against Israel's offensive in Gaza. The Israelis won renewed support yesterday as U.S. President George W. Bush said a ceasefire depends on Hamas ending rocket fire on Israel. More coverage, page 6

## Winterlude puts out call for volunteers

### Specific volunteer needs

- Volunteers are needed to work with children, host snow and ice carvers, escort the Ice Hogs and be information officers.
- There is a special need for

were no volunteers, I don't think this event would go." She's worked as a volunteer

those who speak French and can work Wednesday to Friday to welcome kids and visitors coming to the Snowflake Kingdom in Jacques-Cartier Park.

co-ordinator in Confederation Park, in Jacques-Cartier Park and as a co-ordinator for the Ice Hogs.

Winterlude, which runs from Feb. 6 to 22, requires 700 volunteers annually. Yesterday, the National Capital Commission once again put out the call.

"It's a wonderful way to be a part of the celebration," said NCC spokeswoman Julie Rocheleau. "We've been doing Winter-

lude for such a long time that it's really well organized. It's just a great overall experience."

It would seem people agree — the return rate for volunteers is 65 per cent, she said. Those interested can call the NCC at 613-239-5373 or e-mail volunteer\_benevoles@ncc-ccn.ca.

TRACEY TONG/METRO OTTAWA



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## Arrest made after firefighters discover grow-op

Police arrested a man after firefighters discovered a grow operation at a residence during a fire call Sunday night. At 6:28 p.m., Ottawa firefighters attended a call in the 2500 block of Blackwell Street. Upon arrival, they detected smoke in one of the bays, but no fire. After an investigation, a grow operation was discovered. **METRO OTTAWA**

# Local

TRACEY TONG  
tracey.tong@metronews.ca

Ottawa's Camille Labchuk thinks she would have made a great political leader.

The 24-year-old communications consultant has very strong views on what Canada needs, on issues from climate change to improving quality of life for citizens.

So when CBC asked her to be a contestant on their nationally televised competition Canada's Next Great Prime Minister — which airs in March — she was thrilled.

"I've poured myself into the competition for the last two months," said Labchuk.

She and her campaign team spent more than 200 hours researching policy, filming videos and encouraging people to vote.

Her efforts paid off as she became the highest-rated contestant in the program's web competition, meaning she would have automatically reached the semifinals next week.

That's why she was shocked when CBC dis-



TIM WIECZANSKI / METRO OTTAWA

Ottawa resident Camille Labchuk, 24, was removed as a contestant on CBC's Canada's Next Great Prime Minister, reportedly because she had run for Parliament as a member of the Green Party in Moncton, N.B. in 2006.

qualified her Friday after learning she had run for Parliament in 2006.

Before entering the competition, she told producers that she had run as the Green Party candidate in Moncton-Riverview-Dieppe in 2006. They had given her the OK.

"I feel utterly crushed,"

she said. "This was a jading experience.... I poured my heart and soul into the competition and encouraged people to vote for me online.

"This move is a disservice to young people, to fairness and democracy. I think the end results will turn young people away

from politics."

She's also hired a lawyer to possibly pursue legal action for what she feels is unfair disqualification.

"We apologized to Camille when we spoke to her," Jeff Keay, a spokesman for CBC told Metro yesterday. "It's an unfortunate mistake. It's

**"This move is a disservice to young people, to fairness and democracy. I think the end results will turn young people away from politics."**

Camille Labchuk our mistake and Camille shouldn't have been told in the first place that she was eligible."

The fact that she's run for office before makes her ineligible because of fairness to the other contestants, he said. In fact, two other people were disqualified at the same time for the same reason.

"This competition is designed to help youth become more politically engaged," Labchuk said. "This sends the opposite message, and reinforces the cynicism that young people have in this process."

Still, she plans "to stay active in politics for the rest of my life," she said.

The competition currently has 12 Ottawa residents competing for the title.

1,155 driving charges laid in December: City

**ROADS** The city's Integrated Road Safety Program laid 1,155 charges for speeding and impaired driving through its Selective Traffic Enforcement Program (STEP) last month.

While police here issued 1,061 tickets for speeding, 94 of the tickets were for alcohol-related criminal charges through the impaired driving initiative. A total of 44 drivers were caught driving under the influence.

Police stopped 2,400 vehicles through four Integrated Road Safety Program and CAA-sponsored R.I.D.E. initiatives in December, charging one driver and handing out 10 12-hour suspensions.

Each month since 2004, STEP has been profiling and enforcing two initiatives that target specific traffic-safety priorities.

The program's goal is to reduce traffic fatalities or serious injuries by 30 per cent by 2010. **METRO OTTAWA**

## News in brief

**REAL ESTATE** Ottawa's new housing prices may have increased 4.3 per cent between November 2007 and November 2008, but prices in the nation's capital are pretty average when compared to the rest of Canada, Statistics Canada said yesterday.

"Ottawa is right in the middle," said Annie De Champlain, an analyst for Statistics Canada. The new housing price index increased year-over-year by 0.7 per cent in November, a slower pace than the 1.5 per cent advance recorded in October and the smallest 12-month increase recorded since August 1999.

**METRO OTTAWA**

## Assault charges laid after man falls through window

TRACEY TONG  
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of the building who had suffered lacerations to his neck, face and head.

Paramedics transported the male to hospital with life-threatening injuries, but his condition improved yesterday, said Ottawa police Const. J.P. Vinclette.

A woman was located within the building and arrested in relation to this incident shortly after police attended the scene. The investigation is ongoing.

The suspect appears in court Feb. 10.

## Two city men charged in separate TD bank heists

**CHARGES** Police charged two city men yesterday in connection with two unconnected bank robberies.

Police charged an 18-year-old man with two counts each of robbery, conspiracy to commit a crime and wearing a disguise in relation to two robberies at TD Canada Trust locations on Strandherd Drive and St. Joseph Boulevard on Oct. 4 and Oct. 11, respectively.

Benjamin Buda was released with a promise to appear in court Feb. 9.

Police have also charged a 20-year-old Ottawa man with robbery, conspiracy to commit, utter threats and breach in relation to a robbery at the TD Canada Trust on Kilborn Avenue on Nov. 7. Mohamed Ali Salad was held for a show cause hearing.

Anyone with information on any of these incidents is asked to contact the robbery section at 613-236-1222, ext. 5116, or Crime Stoppers at 613-233-8477 (TIPS).

TRACEY TONG / METRO OTTAWA

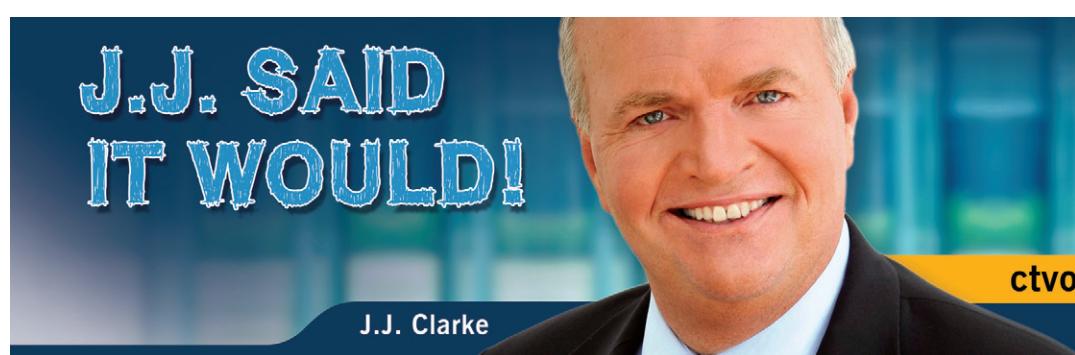
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WHAT'S ONLINE TODAY

**Video** A Montreal plan to boost business for horse-drawn carriages could be killing the industry at [metronews.ca/canada](#)

**Video** Allan Small on why 2009 is the year to make the most of your RRSP contribution at [metronews.ca/canada](#)

**Lotteries** **KENO** Ontario Pick 3: 9 4 2; Ontario Pick 4: 1 8 3 2  
Encore: 7312208  
Daily Keno: 7, 8, 10, 11, 19, 20, 22, 23, 26, 27, 29, 38, 39, 47, 48, 57, 59, 61, 64, 66  
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Turkish police found several explosives and bullets in Ankara in a probe linked to coup plot allegations yesterday, the state Anatolian news agency said. The police unearthed 30 hand grenades, nine smoke bombs and hundreds of G-3 rifle bullets in the garden of a deserted house in an Ankara suburb. **REUTERS**

# World/Business

## News in brief

**IRAN** Mohammad Khatami, who won presidential elections in 1997 and 2001 with landslide, yesterday gave the strongest signal yet that he was considering running in this year's race for the Iranian presidency.

**ENGLAND** One of the last three remaining British veterans from the First World War has died at the age of 108. Bill Stone, who joined the Royal Navy in 1918, died in southeast England on Saturday. He was the last known veteran to serve in both World Wars.

**SRI LANKA** Thousands marched in the funeral procession of a slain Sri Lankan newspaper editor in the capital Colombo yesterday, demanding the government punish those responsible to ensure media freedom and democracy. Sunday Leader chief editor Lasantha Wickramatunga was gunned down in traffic on Thursday morning. The government promised a thorough investigation. **REUTERS**

## Regrets? He had a few

**President George W. Bush, winding up eight years in office, expressed regrets yesterday over policies blocked by Congress, weapons of mass destruction not found in Iraq and the harsh political tone in Washington.**

But he defended his actions during one of the biggest debacles of his presidency — hurricane Katrina of 2005 — and said history would be his judge after he leaves the White House on Jan. 20.

"You know, presidents can try to avoid hard decisions and therefore avoid controversy. That's just not my nature," Bush said in his final news conference.

The "Mission Accomplished" banner as the backdrop for a speech in May 2003, less than two months after the invasion



U.S. President George W. Bush addresses the media during his final news conference in the Brady press briefing room at the White House in Washington yesterday.

of Iraq, was "clearly" a mistake, he said. "It sent the wrong message. We were trying to say something differently."

In recent years, an in-

creasingly unpopular Iraq war weighed down Bush's public approval ratings, which took a further hit from the economic downturn.

**REUTERS**

## U.S. backs Israel; Gaza death toll passes 900

**PALESTINE** Israel won renewed support from its main ally — the United States — yesterday when President George W. Bush said a ceasefire to end its offensive in the Gaza Strip depended on Hamas ending its fire on Israeli towns.

As the Palestinian death toll passed 900, troops tightened their grip around urban areas in search of elusive guerrillas. Prime Minis-

ter Ehud Olmert said Israel would pursue the 17-day-old war as long as it took.

Hamas fighters kept largely out of sight, firing several rockets into Israel and bracing for an all-out assault that may yet come.

As diplomats worked on a truce plan, an Israeli army spokesman said the army had yet to launch a much-heralded "Phase 3" of the war.

**REUTERS**

## Mafia 'fan clubs' worry activists

**ITALY** Leading Italian anti-mafia activists expressed alarm yesterday that Facebook pages dedicated to praise of some of Cosa Nostra's most notorious and bloody bosses have attracted hundreds of admirers.

"Fan clubs" of such

jailed mafia bosses as Bernardo Provenzano, arrested in 2006 after nearly 40 years on the run, and Toto Riina, nabbed in 1993 after 24 years at large, have appeared on Italian pages of the social networking site.

**REUTERS**

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## Business

## Credit tight, sentiment low

**Lending conditions in Canada worsened considerably in the fourth quarter and overall business sentiment is at its lowest level in at least a decade, two Bank of Canada surveys showed yesterday.**

The central bank surveyed senior loan officers at 11 major banks and senior management at about

100 businesses.

The mood was deteriorating, "as the effects of the international financial crisis and the weak global economy intensified and spread to domestic demand," the bank said.

The pessimism had some bankers predicting the Bank of Canada will opt for a half-point cut in its key

lending rate rather than a less aggressive move Jan. 20, with Charmaine Buskas, senior economics strategist at TD Securities, predicting the bank could trim 50 basis points.

Two-thirds of companies felt tighter credit conditions, compared with 44 per cent in the third quarter.

**REUTERS**

## Oil slumps with 8% drop

**ENERGY** Oil settled down nearly eight per cent yesterday, dragged below \$38 US by the growing impact of the economic recession on energy consumption.

The market seemed unresponsive to good news

that OPEC members may cut production by a further 300,000 barrels per day, and that heating oil demand in the United States will climb above average this week due to cold weather.

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## Size matters in the trading world

**STUDY** British researchers found traders with the longest ring fingers made three times the amount earned by their less well-endowed colleagues. Testosterone exposure in the womb can determine finger length — as well as concentration and quick reflexes.

**REUTERS**

## Business in brief

**BAILOUT** General Motors' chief operating officer says the company hasn't taken up the Canadian government for emergency loans, as it seeks to clarify the conditions that would be attached to borrowing \$4 billion from the federal and Ontario governments.

**REUTERS**

# Comment & Views

## Comment

### A moment Canada can savour

#### National Report



“D rumroll please,” came the American TV man’s deeply sarcastic voice, announcing the location of Barack Obama’s first foreign trip. “It’s Canada.”

What a letdown! What a bore!

Many expected the new U.S. president to open with something exotic. Maybe South Africa to see Mandela! What a jump-start message that would send the world.

But slumbering Canada? How does that constitute change? Most every U.S. president, George W. Bush being an exception, has come here first.

Never mind though. We’ll take the honour. In the case of the most celebrated incoming president in decades, what an honour it is.

The media focus will be off the charts. The Obama

visit could well set the new tone for this administration — accommodation in dealing with foreign countries as opposed to the confrontation that marked the Bush years.

“This is the beginning of an initiative by the president,” said Gordon Giffin, a former ambassador to Canada, “to be followed around the world by the new secretary of state, that we’re back in the mode of listening to our friends and co-ordinating with our friends, as opposed to sitting in Washington and instructing our friends.”

Obama will likely address

Parliament and, in so doing, set the stage for a much improved relationship with Canada. He can hardly do worse than Bush, whose Department of Homeland Stupidity has continued to put up barriers along the border between two of history’s greatest friends — even though we’re now more than seven years past 9/11.

If the Obama administration is aiming for a new era of trust, this continent is a good place to start.

Stephen Harper will be looking, as any politician would be, for an opportunity to share in the Obama

glow. Being a conservative, having been in sync with a good portion of the Bush philosophy, it wouldn’t normally be an easy thing to do.

But the dismal economic conditions are already forcing a liberal turn on the prime minister. The deficit spending and the stimulus spending to bolster the economy reflect what Obama will be doing south of the border.

Moreover, the president and the prime minister can make headway on what they have both talked about — a cap-and-trade system to combat global warming.

Given the energy security needs of Washington, Harper will have some clout at the table. If the president wants to wade into protectionist waters, the PM need only mention our oil and gas riches.

All in all, the visit sets up ideally for Harper. Like Bush, he has brought an arrogant and confrontational attitude to governance.

Now, by basking in Obama’s new way, he has a chance to pretend it never happened.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

#### Views

### Dropping the gloves on fighting in hockey



Ken Campbell

CON



Jim Van Horne

PRO

I just got off the phone with Mike Sanderson. He told me beautiful stories about a 21-year-old honours student who would do anything for a friend or a teammate. Then he told me how he and his ex-wife looked at each other New Year’s Day and decided to take their son off life support and how they stood by his bed while he took his last breaths a couple hours later.

Don Sanderson is dead because of a meaningless hockey fight in a meaningless game that was already decided because hockey has this ridiculous code that requires teams that are losing to “send a message.”

Let’s take a different message instead. Let’s use this incident to ban fighting at all levels of hockey, including the NHL. Let’s never allow anyone to go through what Mike and Dahna Sanderson are enduring again.

I have long believed it would only be a matter of time before a player died in a fight, and someday it won’t be in a senior league game in Brantford; it will be at centre ice at Madison Square Garden or the Air Canada Centre.

And it is all so meaningless. If fighting is such an important part of the game, why does play stop when a fight breaks out?

There may have been a purpose to fighting at one time, but the reality is that fighting has become nothing more than a creepy sideshow for blood lusting voyeurs. It’s apparently supposed to protect skilled players, but what is accomplished when two goons go at it after a star is hit?

And if it’s supposed to keep players honest and prevent them from clubbing each other with their sticks, isn’t that the biggest indictment of all on hockey? The game is incapable of policing itself, so the players have to do it?

The culture of violence that surrounds this game is astounding. Without fighting, hockey would be every bit as intense, hits would be every bit as hard and the competition would be every bit as fierce.

Hockey can keep its fighting spirit without keeping fighting as a blight on the game.

Ken Campbell is a writer for The Hockey News.



I don’t consider myself to be a violent person. In fact, I’m a lover, not a fighter. I hate violence of any kind. Except when it comes to hockey. Give me a hockey fight between two willing and able combatants and my blood gets goin’.

I have been watching hockey my entire life. I had the privilege of covering the sport at the local and national levels for more than 35 years. I’ve been to Stanley Cup finals, world championships, world junior championships and the Olympics.

I love the sport, and I believe that fighting is part of the game. It’s been an element that teams have used for intimidation, protection, and even winning. Today’s hockey fights are different than they were before the original expansion in 1967-68. Back then, fighters were also players, fulfilling a dual role. Not only could

they scare you with their fists, but with their skill as well — John Ferguson was a prime example.

The first game I went to at Maple Leaf Gardens featured a major brawl between the Maple Leafs and the Blackhawks. I think Pierre Pilote was one of the fighters. It was in the penalty box, and Frank Mahovlich climbed the glass to separate the combatants. I’d never seen anything like it, and until that time it was one of the most exciting things I had ever seen in my life.

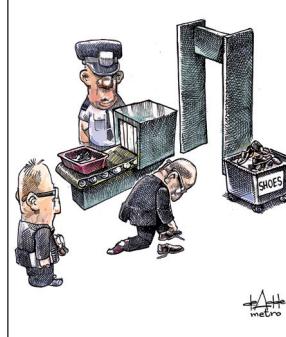
It’s a part of the game fans absolutely love. There is nothing that brings them out of the seats faster than a good knuckle-chuck.

Yes, it was a fight that resulted in the recent death of the Whitby Dunlops’ Don Sanderson — a terrible, senseless loss — but it was an accident. Players do not go on the ice with the intention of killing each other. I can’t remember another incident where a player died as a direct result of a fight. Unfortunately, drivers are killed racing cars, mountain climbers die pursuing their passion, and divers drown when they go too deep. That doesn’t mean these sports should be banned.

Fighting is part of hockey, always has been and always should be.

Jim Van Horne is a veteran Canadian broadcaster.

GEORGE W. BUSH’S LAST PRESS CONFERENCE: MICHAEL DE ADDER



#### Quote of the Day

**“I think historians will look back and they’ll be able to have a better look at mistakes after some time has passed. There is no such thing as short-term history.”**

— U.S. PRESIDENT GEORGE W. BUSH, AT HIS FINAL MEDIA CONFERENCE, TALKING ABOUT REGRETS DURING HIS EIGHT YEARS IN OFFICE.

#### Share Your Views

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## Your Money

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## On the web

## MoneyMatters

**Henry Choo Chong**  
choochonghcg@yahoo.ca

• "I am approaching the age limit for retirement. If I convert all my RRSPs to RRIFs, how much capital gains tax will I pay? Secondly, what happens to my investments?" Henry Choo Chong answers this reader's question about Registered Retirement Income Funds (RRIFs) in his weekly column, available online at metronews.ca

## Investing

**Allan Small**

This is the year to make the most of your RRSP contribution. Read this week's column at metronews.ca

## Getting financially fit

## SmartCookies



smartcookies.com

While we might not be sure of the economic outlook for 2009, one thing we can be sure of is there are certain habits we should all be developing right now to take us through good times and bad.

So whether you are in drowning in debt, fearing job loss or no longer being footloose and fancy free, here are some of the best ways to keep your head above water in 2009:

## Scrutinize Spending

Have a gym membership you never use? Overspending on eating out? Overboard on giving gifts? Sometimes the simplest

changes can have the greatest impact. Track your spending for one month (minimum) and at the end of the month take a hard look at your spending.

## Become your Own Advocate

Make 2009 your year to advocate for lower interest rates on all of your loans. If you are carrying a balance on your credit cards, work to transfer the debt to one low interest line of credit or credit card so you are only making payments on this account.

## Pay the Taxman Less

If you have not done so already, now is the time to open your Tax Free Savings Account. This is your year to maximize the new Tax Free Savings Accounts as well as your RRSPs. If you have lost money in the stock market, which most of us have, you can also write off that loss against your taxes.

## Save 20 per cent on Your Entertainment Costs

Most of us spend an average of \$500 a month on

meals out and entertainment with family and friends. Lowering that cost by just \$100 a month would save you \$1,200 a year. Simple ways to do that include packing your own lunch, switching from a latte to a regular coffee, and using two-for-ones coupons for movies and day trips.

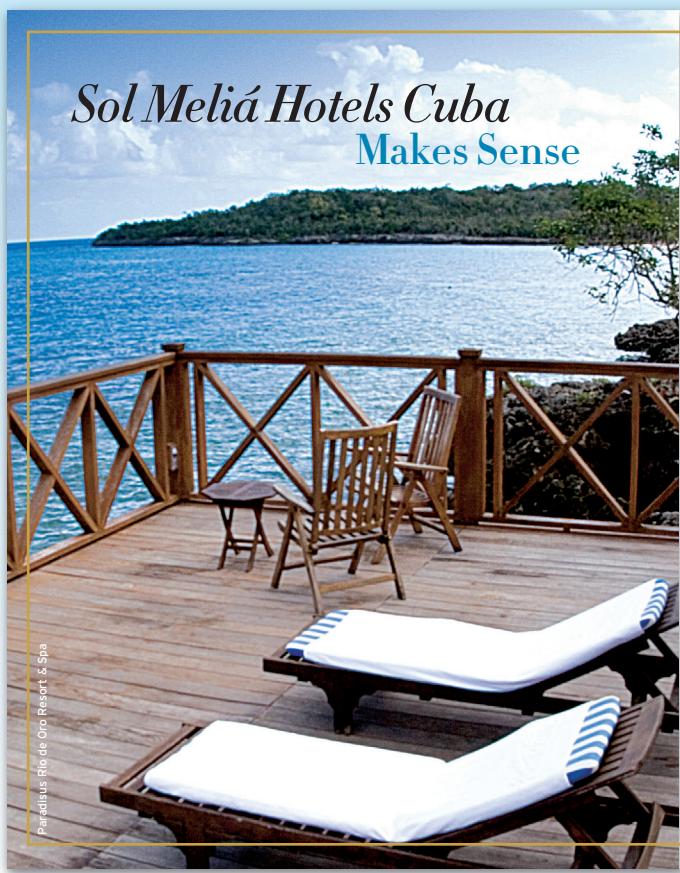
## Start a Money Group

For us, the key to financial success began with our Money Group. Whether it is with your better half, your friends or your family, setting a regular time to make a spending plan, review your objectives and brainstorm ways to make more money will not only help you reach your financial goals faster but ensure you stay on track — and actually have fun doing so!

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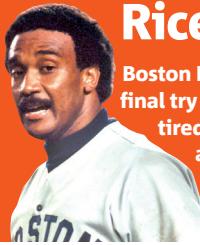
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**Wrigley game draws largest U.S. NHL regular-season TV audience in 34 years**

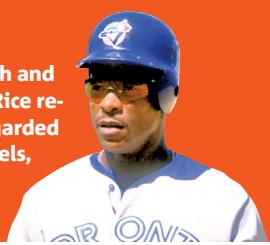
The NHL Winter Classic drew the biggest American TV audience for a regular-season game in nearly 34 years, NBC said yesterday. The Red Wings' 6-4 win over the Blackhawks at Wrigley Field on New Year's Day attracted an average of 4.4 million viewers on NBC, the most since a Flyers-Rangers game on Feb. 23, 1975. **METRO NEWS SERVICES**

# Sports



## Rice, Rickey headed to Cooperstown

Boston Red Sox legend Jim Rice, left, was elected to the Baseball Hall of Fame on his 15th and final try yesterday, while Rickey Henderson, right, made it in his first year of eligibility. Rice retired in 1989 with 382 home runs and 1,451 RBI in 16 seasons. Henderson, widely regarded as the best leadoff hitter ever, played for the A's, Yankees, Blue Jays, Padres, Angels, Mets, Mariners, Red Sox and Dodgers over 25 years and holds Major League Baseball's career records for runs and stolen bases. **METRO NEWS SERVICES**



JOHN.CHICK@METRONEWS.CA

## Status quo: Murray

**Despite rampant speculation that his job is in jeopardy, Ottawa general manager Bryan Murray said yesterday no moves are imminent for the Senators.**

Murray went on record as

saying he thought he could probably make a trade but would not risk that for his franchise simply to save his job.

Entering last night, the Sens ranked 28th among

the 30 NHL teams and are 15 points behind Carolina for the eighth and final playoff spot in the Eastern Conference. The Sens meet the Hurricanes in Ottawa tonight. **METRO NEWS SERVICES**

## Laughing all the way to the bank

**E**n route to the bank yesterday with his newly acquired millions, poker's latest whiz kid couldn't quite decide how he'd like his name spelled.

"I've spelled it Pooria, with an I, since I was little, but all my documents spell it Poorya, with a Y," he told me. "So what the heck? Go with the Y."

All rightie, then, **Poorya Nazari** it is. And rich is what this 22-year-old from Richmond Hill, Ont., is since collecting — and depositing — the \$3 million U.S. he garnered for finishing first on the weekend at the PokerStars Caribbean Adventure.

### Penn Bowl?

• Oddsmakers are anticipating an all-Pennsylvania Super Bowl, listing the Philadelphia Eagles as three-point favourites over the Arizona Cardinals in Sunday's NFC final and the Pittsburgh Steelers as six-point favourites over the Ravens in the AFC final.

### YorkReport

**Marty York**

marty.york@metronews.ca

the largest tournament outside Las Vegas.

Nazari's initial buy-in online was a mere \$33, and he was one of 1,347 who qualified to participate in six days of play at Paradise Island in the Bahamas last week.

"I seriously started playing online (at pokerstars.net) last December and I was doing well, so I realized maybe I can do this for a living," Nazari mentioned on his way to his bank. "Even when I was in school, I spent most of my time playing poker."

Nazari graduated with a biochemistry degree from McMaster University last month but "my marks suffered and I barely scraped by with a degree."

Doesn't much matter to him at this point, he said.

Oh, and a warning to anyone planning to ask him for loans: "The answer, more than likely, will be no."

• After attending and observing the Caribbean tournament, incidentally, I've decided poker qualifies as a sport — a mind sport.

Players can't win without fierce, competitive mindsets. And one of the toughest is a diminutive dynamo from Victoriaville, Que. — **Isabelle (No Mercy) Mercier**, who gave up her law practice for poker and has made hundreds of thousands at the table. She's fascinating. To find out why, check out my feature on her in Metro and at metronews.ca later this week.

• In baseball, don't be surprised if the Blue Jays soon appoint Washington Nationals president **Stan Kasten** as their new prez. It's essentially a done deal ... Kasten is also ex-bossman of the Atlanta Braves, who, by the way, are close to signing two prominent free agents — pitcher **Derek Lowe** and outfielder **Adam Dunn**.

## Raptors Come up short in OT



Raptors forward Jamario Moon dunks over Paul Pierce in Boston last night. The Celtics won 115-109 in overtime.

### Sports in brief

**NFL** Indianapolis Colts head coach Tony Dungy officially announced his retirement at a news conference yesterday. Dungy spent the past seven years with the Colts, guiding the team to the playoffs each year. His crowning achievement came in the 2006 season when the Colts beat the Chicago Bears in Super XLI. "You really don't think about this or prepare something for when you retire," said a tearful Dungy. "I've been blessed."



Tony Dungy

**NFL** The Denver Broncos introduced Josh McDaniels as their new head coach yesterday. McDaniels signed a four-year contract and becomes the 12th head coach in team history. The former Patriots offensive co-ordinator is just 32.

**METRO NEWS SERVICES**

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# Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

## Carleton eyes human rights

**CHELSEA MIYA**  
for Metro Ottawa

**The first thing that struck Rob Rainer when he moved to Ottawa from small-town New Brunswick was the number of homeless people.**

"That was the trigger," said Rainer. "I couldn't believe this was happening in a country as privileged as Canada."

After working for 20 years in the environmental sector, he switched to human rights. He now works full time as the executive director of the National Anti-Poverty Organization.

Like Rainer, many people don't plan to go into human rights. They fall into the career unexpectedly. But that's something Carleton University's hoping to change with the debut of the first standalone human-rights degree offered in Canada.

"There's been an expo-

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*Dearest Ottawa,*

January, 2009

It has been a long time since we last corresponded. We've been through a lot together - dear Queen Victoria passed on, we experienced two World Wars and weathered through a Great Depression. The Ottawa Senators played their first game, women earned the right to vote and personal computers became household necessities.

Through it all, we've both evolved with the times while preserving our heritage and I am pleased to remain a close companion of yours.

The Arts are still an integral part of your culture and I am delighted to offer an array of seasonal courses and credit programs to suit your needs.

Please don't be a stranger and pay me a visit every now and then - I'd love to show you one of my free galleries and of course, for you it is always complimentary. Do keep in touch - the past 130 years are only the beginning.

*All the best in  
the New Year,*

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ential increase in the interest in human rights," said Margaret Denike, associate professor and co-ordinator of the human-rights program at Carleton University. "Before this program, we only offered two core human-rights courses, and for the past five years the number of students enrolling in them was doubling every single year. It really reflects that this is something more and more students are passionate about."

Carleton is now offering 20 new courses in human rights that range from human rights and sexuality to the history of persecution. Fourth-year students also have the opportunity to work first-hand with a human-rights agency in Ottawa.

Already, more than 325 students have signed up for the program.

"Human rights touch every aspect of your life, from your child to people

with disabilities to people who are visible minorities," said Denike. "Employers are starting to realize that every single organization, profession and institute requires people with human-rights training, whether it involves how to resolve disputes or how to put together a package of contentious issues."

But Denike warns her new students that human-rights work isn't glamorous.

"So much of the work that happens is done by agencies that have offices the size of your kitchen," said Denike. "They're typically underfunded. Most of the work is done by two or

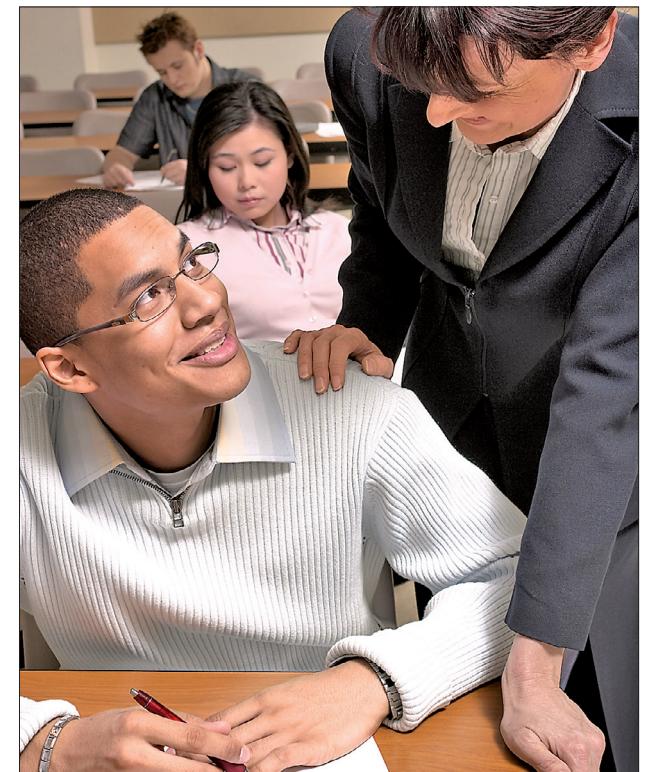
three committed people. It involves a lot of self initiation and instruction."

Working for the government or a private company is a stable, much higher paying alternative to non-government organizations. Researchers for the Canadian Human Rights Commission deal with issues related to national security, social conditions and people with disabilities.

Money aside, you'll be hard-pressed to find a more rewarding or eye-opening career.

"I see so many people pursuing careers that they just don't like," said Denike. "They think, 'If I just stick it out, I'll eventually come to like it.' But I encourage students to pursue careers that they really care about. That's the most rewarding thing about teaching this program, seeing them inspired to take charge of the issues that shape the world."

Carleton is hosting a



Carleton is offering 20 courses in human rights as part of a new program, and more than 325 students have already signed up.

panel discussion on careers in human rights on Jan. 21. Rainer, along with speakers from Amnesty International, the Canadian

Human Rights Commission and Voluntary Services Overseas, will give prospective students an inside look at the field.

## Adults returning to school to increase skills

More adults are heading back to the classroom, experts say, and they're doing it for a number of rea-

sons: Staying competitive in an unstable job market, networking and having a fun night out.

"In a softening economy, you want to make sure you make your resumé and employment as recession-

proof as possible," says Julia Hanigsberg, dean of the G. Raymond Chang School of Continuing Education at Ryerson University in Toronto. "By updating your skills, you make yourself more desirable to your current employer. Another reason is that in the current economic times, your employment might be precarious, so you need to make yourself more employable in a wider sector."

Among the most popular disciplines, according to Hanigsberg, are courses dealing with environmental issues and sustainability, food security and health services — fields with growing demands.

"People often don't have static careers the way they might have (had) in the past," Hanigsberg said. "In today's knowledge-based economy, you need to have skills that are transferable and nimble. There are always ways to increase your skills and knowledge."

Adults do, however, face some obstacles to going back to school, such as time constraints. Online course enrolment has increased dramatically as a result, notes Hanigsberg.



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*This Pre-Apprenticeship Training Program is funded by the Government of Ontario.*

## Make a snow angel, help charity

Making angels in the snow now has a charitable twist. Simply upload a photo of yourself making a snow angel to [curel.ca](http://curel.ca) and the makers of Curel moisturizers will donate one dollar to Starlight Children's Foundation, which helps seriously ill children. **METRO NEWS SERVICE**



# Health & Beauty

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

## Cold increases heart attacks

Some need to consult doctor before shovelling

**JOSEPHINE LIM**  
for Metro Canada

**When the weather outside is frightful, keep bundled up and warm this winter because heart attacks are more likely to happen.**

A study conducted by the Cardiovascular Thrombosis Research Centre at the University of Massachusetts found within a total of 259,894 cases of heart attacks, about 102,725 cases were reported in the spring, while about 157,169 cases were reported in the winter. That's an approximate 53 per cent increase in the colder months.

Dr. Milan Gupta, a cardiologist at the William Osler Health Centre in Brampton, says this happens for many reasons.

"One is simply the cold weather," he says. "The cold temperature increases blood pressure, which increases heart rate and increases inflammation in the body. All of these things indirectly increase the rate of heart attack."

A change in lifestyle, such as less physical activity, eating richer foods, more drinking, more smoking and weight gain during the holiday season also contribute.

One of the major causes for increased heart attacks is snow shovelling, says Gupta.

Dr. Rakesh Bhargava, the director of Heart Care Research Coronary Prevention



One of the major causes for increased heart attacks is snow shovelling. According to a recent study, there is an approximate 53 per cent increase of attacks in the colder months.

and Rehab Program in Oshawa, says it's the reason many experience their first heart attack.

"Basically people with a sedentary lifestyle are not used to doing sudden, big physical exertion, such as shovelling snow," says Bhargava.

"There are some symptoms that are ignored and they think they don't need to worry about it."

Also, many people don't know the symptoms of

heart trouble, he says. If a person is feeling heaviness or pressure in the chest, shortness of breath, sweating or nausea, these are symptoms of Angina, a precursor to a heart attack.

"Some people don't take a rest and symptoms become much more intensified," explains Bhargava. "If it lasts longer than 20 minutes, it can lead to a heart attack."

A heart attack is when there's more severe pain or

discomfort in the chest, as well as more intensity in the previous symptoms.

For those with high blood pressure, he suggests checking with a doctor before going out to shovel snow.

Those with known heart disease should also see a doctor first and ask for a treadmill stress test to measure

### Shovelling tips

- Avoid caffeine or smoking before and while shovelling, keep hydrated, dress warmly, pace yourself and listen to your body symptoms, advises Dr. Rakesh Bhargava, the director of Heart Care Research Coronary Prevention and Rehab Program in Oshawa.
- He also recommends people dress in layers, covering their neck and upper chest and wearing a scarf to cover the nose, just like skiers do.

JOSEPHINE LIM/FOR METRO CANADA



A new study says it may be harder to ward off the flu if you are on a calorie-controlled diet.

## Dieting could aid flu virus

**DIET** Here's a reason to postpone your diet. Restricting calories in the winter could leave you more susceptible to the flu.

A new U.S. study has found that mice were less able to fend off the influenza virus if they were on a calorie-controlled diet.

Researchers at Michigan State University who conducted the study warned that low calorie diets may inhibit the body's natural killer cells to fight infection.

Authors suggest waiting until warmer weather to restrict calories, since the flu virus is so virulent in the winter.

CELIA MILNE/FOR METRO CANADA

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## RESOLVE TO REDUCE THE AMOUNT OF SODA YOU DRINK

Still haven't come up with a **New Year's Resolution** to improve your life and health? Well, if you still find yourself drinking a lot of **soft drinks**, might we suggest you consider **reducing the amount you drink** as your resolution.

Many of you might think it is such a minor "sin" that it is hardly worth correcting. The fact is **soft drinks are notorious for the negative impact they have on our teeth**.

We all know that **soft drinks contain huge quantities of sugar...** and sugar has long been known to be the enemy of good oral hygiene. Sugar feeds the plaque that builds up on our teeth. **The bacteria in the plaque can convert the sugar to acid which can break down the enamel.** Thus we have the beginnings of tooth decay.

Many people might think switching to diet soft drinks might solve this problem as they are lower in sugar. However, what they lack in sugar they more than make up for with higher levels of acid. In particular, **diet soft drinks tend to have higher levels of citric acid, which is the most detrimental to tooth enamel.**

Dr. Wayne Perron  
Dental Surgeon

If you are drinking soft drinks, you should **use a straw**. This decreases the amount of the soft drink that comes in contact with the teeth, which, of course, is where you find the plaque. That reduces the chance for the bacteria to convert the sugar into enamel-destroying acids.

You should also **finish the drink quickly rather than letting it linger**. Finishing a drink in 10 minutes usually means the acid build up will continue for 30 minutes. However, if you take 60 minutes to finish your drink, acid will continue to be produced for 90 minutes afterwards!

And of course, **you always need to brush**. This helps keep the plaque under control as well as reducing the amount of sugar in your mouth. **A good electric brush is more effective than a standard brush** and we encourage you to consider investing in one. In fact, we believe so strongly in them that, effective January 1, 2009, we **will provide one free of charge to all NEW patients who receive a complete, new patient, dental examination, including x-rays, at our office**.

Finally, **regular visits to the dentist** are also required to make sure you avoid the build up of plaque. A thorough cleaning by your dentist is essential to offset the negative effects of soft drinks.

Still the best solution is to look for healthier alternatives. **Replace the soft drinks with nice, cold, tap water...**no sugar and a great source of fluoride! Water is definitely a healthier option...because drinking fewer soft drinks is a healthy habit...and healthy habits lead to healthy lives.

Dr. Wayne Perron - Dental Surgeon

## 12 health &amp; beauty

## Recession romance

## The J Spot

Josey  
Vogels

Sex talk with Josey

You can hardly turn a newspaper page these days without someone offering strategies on how to "recession-proof" something.

Recession proof your portfolio, your career, your business, your pet's retirement savings plan. How about recession-proofing your relationship?

There's no doubt that with the impending economic challenges ahead, relationships will feel the strain. Losing your job or your home or falling on hard financial times are almost never to-do suggestions in any of those how-to-strengthen-your relationship guidebooks.

In her predictions for 2009, Petra Boynton, a

U.K. sex educator ([drpetra.co.uk](http://drpetra.co.uk)) foresees "increased separation and divorce rates, substance and alcohol abuse, violence within relationships, and extra-marital activity."

A lost job, for example, not only results in financial strain, but there can be psychological problems faced by the person

**There's no doubt that with the impending economic challenges ahead, relationships will feel the strain.**

who is unemployed that can lead to tension, arguments, blame and worry.

Also, as people cut back on spending, they won't be able to enjoy activities that have usually helped them bond as a couple, like travelling or nights out together.

In order to "recession-proof" your relationship, Boynton suggests working together to identify any areas where you can save money:

• Draw up a budget to see if you are wasting any cash.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit [joseyvogels.com](http://joseyvogels.com).

If and when problems do come up, be sure to offer each other support rather than trying to "fix" each other's worries, adds Boynton.

If things get really tough, counselling, either individually or as a couple, may help.

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**Madagascar leads foreign box office**

Madagascar: Escape 2 Africa led the foreign box office for the fifth time in six weekends. The animated sequel earned an estimated \$15.8 million US from 61 markets, pushing its total to \$366 million. **REUTERS**

# Entertainment

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

**Barely Legal**

Singer/actress Hilary Duff is attached to play a young lawyer in a new Fox sitcom called *Barely Legal*.

REUTERS

BRYAN BORZYKOWSKI



There are plenty of terrible things that can happen to a band on the road, but almost nothing can derail an up-and-coming act like a singer busting her vocal chords. That's what happened to Land of Talk, an infectious rock trio that could soon oust Arcade Fire as the most-talked-about Montreal band.

During the band's September tour, lead singer Elizabeth Powell lost her voice for 15 days. A stint as the female lead in Broken Social Scene through the fall — she officially joined the group last week — pre-existing problem with her pipes means the eclectic frontwoman is headed for surgery and will likely be



JOSEPH YARHUSH/PHOTO

Land of Talk's Elizabeth Powell — who recently joined Broken Scene as lead female vocalist — lost her voice on tour last fall. Now she needs surgery and will be out of commission until at least April.

out of commission until at least April.

It's bad news for an act that international audiences are just becoming familiar with. "This is so classic," she says, her voice a little raspy, over the phone from Montreal. "Right

when you have momentum something drastic happens. Every time things start going well for us a band member quits or a family member gets sick. I'm starting to think this is life."

While this setback is serious it's not going to stop

Land of Talk entirely. The vigorous Metric-meets-Sonic Youth three-piece plan to write and record during the hiatus. "This is probably the best thing for me and the band in a way," says Powell. "We put out an album in the fall (debut *Some Are Lakes*) and it was great, but we have a lot of things to work out still."

Up until now they've received rave reviews from the likes of Spin Magazine and Rolling Stone, they've toured Europe and North America and they call Saddle Creek, Bright Eyes' label, home.

"A lot of people have been saying nice things about the record, but unless you're out there you don't feel it," she explains. "We stopped touring a few weeks ago and already I feel very detached."

**DVD picks****The Wackness**

Director: **Jonathan Levine**  
Rating: **18A**

**LIKE JAMES FRANCO'S**

character in Pineapple Express, Josh Peck plays a drug dealer in *The Wackness*, a film far gentler and more insightful than its surface glibness implies. But Peck's Luke is nowhere near as mellow as Franco's Saul.

It's the summer of 1994, an era pointed to by the title slang in which things that are bad are "wack" and things that are good are "dope." Things are wack for Luke even though he's making major coin selling dope from an ice cream cart on the broiling streets of New York.

"Do you ever feel kind of

like a f-k up?" he asks his shrink Dr. Squires (Ben Kingsley), who has every reason to answer in the affirmative. Dr. Squires is having his own life issues. His wife Kristin (Famke Janssen) despises him and his stepdaughter Stephanie (Olivia Thirlby) treats him with contempt. The doc medicates his problems by smoking the weed Josh gives him as payment for psychiatric sessions.

*The Wackness* is almost too quirky to be believed, and this Sundance sensation frequently treads towards the squishy ground of contrived characters with dialogue. But director-screenwriter Jonathan Levine has learned a trick or two since his first feature, *All the Boys Love Mandy Lane*, heading soon to a DVD delete bin near you.

TORSTAR NEWS SERVICE

**American Idol**  
returns tonight

**TV** American Idol returns for its eighth season tonight with a new judge, a better showcase for talented singers and a wary eye on its status as America's most-watched television show.

The five-month search for a new star kicks off with a two-night, four-hour premiere featuring the familiar blend of hundreds of hopeful, and sometimes hopeless, contestants auditioning in cities across the nation.

REUTERS

**GlobalStyle****Kenya Hunt**

Exclusively at  
metronews.ca/globalstyle

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**IntelleVision****Rick McGinnis**

Read it at metronews.ca

OT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/13/09	265 353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		Child Genius 2		Secret Life of the Brain		Agenda-Paikin
	211 331	3	GTV	ET Canada	Entertainment	NCIS "Broken Bird" (N)		90210 (HDTV) (N)		Kitchen Nightmares		News (N)
	-	5	SRC	Virginie (SC)	La Facture	Providence (HDTV) (N) (SC)		Roxy (N) (SC)	Grosse vie	Le Téléjournal et Les Nou		La Zone
	209 342	6	CHRO	Instant Star	TMZ (N)	Cold Case		Law & Order		(10:01) Without a Trace (N)		News (N)
	196 311	7	CTV	Hollywood	etalk	American Idol (HDTV) (Season Premiere) (N)				Law & Order: SVU		News (N)
	208 303	8	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (HDTV) (N)		CBC News: The National		The Hour
	-	360	NBC	Wheel-Fortune	Jeopardy! (N)	The Biggest Loser (N)				Law & Order: SVU		News (N)
	117 713	10	TVA	Les Gags	Histoires-filmes	La Fière de la danse (SC)		La Promesse (HDTV) (N) (SC)		TVA 22 heures (10:45)	Denis Lévesque	
	-	11	QS	Catherine (SC)	Piégé Zézé	Le Grand rire Bleue (SC)		Men in Trees: leçons		Cent dix pour cent (SC)		Msr Showbiz
	137 763	12	TFO	Panorama		Évolution "Extinction"		La Veuve Couderc ★★ (1971, Drame)		Y'a pas d'âge		Dans le secret
	-	362	13	CBS	Dr. Phil (HDTV)	NCIS "Broken Bird" (N)		The Mentalist (HDTV) (N)		(10:01) Without a Trace (N)		Two/Half Men
	216 395	14	OMN2	Cold Case "Baby Blues"	News (N)			News (N)		Two/Half Men	King	Cold Case
	214 344	15	CITY	Law & Order: SVU		Privileged (HDTV) (N)		Scrubs	Scrubs	Primetime: What Would		News (N)
	115 343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	218 345	18	E!	The Insider (N)	E! News	The Biggest Loser (N)				Ruby	The Dish	News (N)
	-	361	20	ABC	News (N)	Entertainment	Homeland Security USA	Scrubs	Scrubs	Primetime: What Would		News (N)
	512 396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique			Revue		Période-quest.
	651 355	25	CTS	Happy Days	Laverne	Michael Corin Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	American Idol (HDTV) (Season Premiere) (N)					News
	-	64	PBS	Business Rpt.	Snowtrails TV	Nova (DVS)		The Ascent of Money (N)				Tavis Smiley
	205 312	104	CTV	Hollywood	etalk	American Idol (HDTV) (Season Premiere) (N)				Law & Order: SVU		News (N)
	502 390	26	NW	CBC News	Newman	The Hour		CBC News: The National		Selling Sex in Heaven		National
	500 500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Anderson Cooper 360 (HDTV)		
	406 417	27	net	Overtime	NHL Hockey	Carolina Hurricanes at Ottawa Senators. (HDTV) (Live)				Sportsnet Connected (HDTV)		Hockey Central
	126 730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		Le Club des ex	Le National	Le Téléjournal
	400 280	30	TSN	That's Hockey!	Strongest Man	Boxing Tomasz Adamek vs. Steve Cunningham.				SportsCentre (HDTV) (Live)		
	410 403	52	SCR	Cabby Unlimit	Court Surfing	NBA news, scores and highlights.				Score Tonight		Hockey Talk
	411 457	56	OLN	Bounty Hunter	Dakar Rally	Survivorman		Mantracker "Buck & RJ"		Bounty Hunter	Dakar Rally	Survivorman
	417 406	59	SC	Barrett-Jackson Automobile Auction	(HDTV)	Tuesday action from Scottsdale, Ariz. (Live)						
	554 544	48	TEL	Totally Spies	Total Drama	6teen	6teen	Misadventures	Futurama	American Dad	Robot Chicken	Gay Couple
	557 540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	551 542	65	YTV	Scorpion	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Prank Patrol	Falcon Beach		Mystery Hnt.
	570 580	29	MM	mmmtop	Where You At	Popaganda "Sellebrity"		Listed		Celebrity Wrestling		Tommy Lee
	615 520	31	A&E	CSI: Miami (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		Manhunters	Manhunters	The Rookies
	628 584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		UFC Unleashed		UFC Unleashed		MANswers
	521 560	34	TLC	Little People, Big Dreams	Little People	Little People		Sextuplets and Twins		Sextuplets and Twins		Little People
	145 761	35	TV5	À communiquer		Les Bébés animaux		Chez Maupassant		Facteur	D'Est en Ouest	Journal TV5
	616 521	39	SHO	The Outer Limits		Mutant X		Testees	Trailer Park	House "Frozen"		House
	620 523	40	BVO	Life Bruce Cockburn		At the Concert Hall		Chantal -- Live at the Pyramids				Law & Order
	520 505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Time Warp (N)	Toughest Race: Iditarod		Daily Planet
	575 583	43	CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Three Wishes
	601 562	45	SLC	Til Debt-Part	Rich Poor	Date My Ex: Jo & Slade		Rich Bride, Poor Bride		End of Leash	End of Leash	ET Canada
	625 548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman	Fit-Conchords	Daily Show
	294 529	47	TBS	House-Payne		Dumb and Dumber ★★ (1994, Comedy) Jim Carrey				Steve Harvey	Seinfeld	Family Guy
	600 564	49	H&G	House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes-Homes
	627 528	50	SPC	Lost "Eggtown"		Lost "The Constant"		The Dresden Files				Stargate SG-1
	581 566	53	MTV	Mom & Dad	After	MTV News	Cribs	A Double Shot at Love		A Double Shot at Love (N)		MTV Live
	618 524	54	TROP	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	522 506	55	HIS	NCIS "Faking It"		Ultimate Engineering		Ax Men		NCIS "Faking It"		Re-Inventors
	129 773	60	CD	Biographies	Pierre Ma							



Gwyneth Paltrow is set to launch a worldwide chain of gyms with her personal trainer, Tracy Anderson, femalefirst.co.uk reports. The duo is set to build a chain of gyms across Europe, Asia and Australia. METRO NEWS SERVICES

## Celebrity Buzz

### A-Rod moves on from Madge?

**RELATIONSHIPS** Looks like A-Rod's forgotten all about Madonna. Yankees slugger Alex Rodriguez has allegedly moved on from the pop superstar and is now dating actress Kate Hudson, according to Page Six.

The two were spotted enjoying a three-hour dinner in New York recently, and eyewitnesses say they were getting very cozy. Though the dinner was with a group of friends, the two headed out to a bar together afterward.

METRO NEWS SERVICES



### Daniel talks secret tattoos

**PEOPLE** Daniel Craig has a secret intimate tattoo, femalefirst.co.uk reports.

The James Bond star has confessed he has a piece of body art only people who have seen him naked can describe, the website says.

Speaking to talk show host Jay Leno, Daniel said: "I have a couple of tattoos where you'd see them. There's another where you wouldn't. It's hidden away."

The hunky 40-year-old actor didn't describe the rude artwork, although it is believed to start with the letter H.

The Defiance star insists he doesn't regret any of his inkings, which include a design on his right upper arm and one on the inside of his right calf.

METRO NEWS SERVICES



### Amy faces lonely vacay, divorce

**DIVORCE** Amy Winehouse is having a bad week. She is said to be distraught over the departure of 21-year-old British actor Josh Bowman who she struck up a romance with — despite being married to jailed Blake Fielder-Civil — while staying at the Le Sport resort on the Caribbean island of St. Lucia, femalefirst.co.uk reports.

Meanwhile, the jailed husband of the singer has started divorce proceedings against her, according to people.com.

The website says Fielder-Civil has instructed a lawyer to file papers. "I can confirm that I have been instructed to commence divorce proceedings on the grounds of Amy's adultery," Henri Brandman told People.

The singer's dad Mitch is flying out to St. Lucia to console his daughter, after her new boyfriend flew

home from his vacation on the island with his mother and grandmother, femalefirst.co.uk says.

A guest at the hotel told Britain's The Sun newspaper: "Amy was very upset. She was in tears and kept telling Josh she loved him and would see him again soon."

A source added: "Amy has been calling Mitch every day to tell him she is totally besotted. Mitch wants Josh to know he will have their support."

Amy, 25, has credited her meeting Josh and the Caribbean break for changing her outlook on life.

METRO NEWS SERVICES



### Fur flies, claws come out for Palin and Fey

**PEOPLE** Sarah Palin doesn't understand why Tina Fey, a winner again for 30 Rock, was hailed as 2008's entertainer of the year, and Fey doesn't understand why Palin doesn't understand, eonline.com reports.

"I don't understand it, either," Fey told E! after



winning at the Golden Globes on Sunday night. "There are a lot of things that she and I don't understand."

E! tried to get Fey to comment on Palin's criticism of the Bristol Palin-inspired Saturday Night Live crack about teenage marriage, but Fey wouldn't further provoke Palin. "No reaction," Fey told the entertainment show.

METRO NEWS SERVICES

### Comeback too soon, Brit's ex-manager says

**CAREER** Britney Spears' former manager is speaking out about her current comeback. Johnny Wright — who parted ways with the singer in 2003 and sued her in 2007 for money he was owed — thinks that Britney's return to showbiz is too soon.

"A comeback is not what I wish for Britney," Wright told OK! Magazine. "All her essential relationships have been torn apart."

"She's been divorced twice, she

doesn't have custody of her kids, she's being pushed back into being a money machine."

METRO NEWS SERVICES



### Fergie and Josh on honeymoon

**MARRIAGE** After leaving their wedding party after 2 a.m. Sunday, Fergie and her new husband — the freshly minted Mr. and Mrs. Josh Duhamel — left that same afternoon for a tropical honeymoon, people.com reports.

The singer, 33, and the actor, 36, had tied the knot at the Church Estates Vineyards in Malibu.

When the newlyweds arrived at Los Angeles International

airport around 2 p.m., Fergie showed off multiple plain and diamond studded wedding bands.

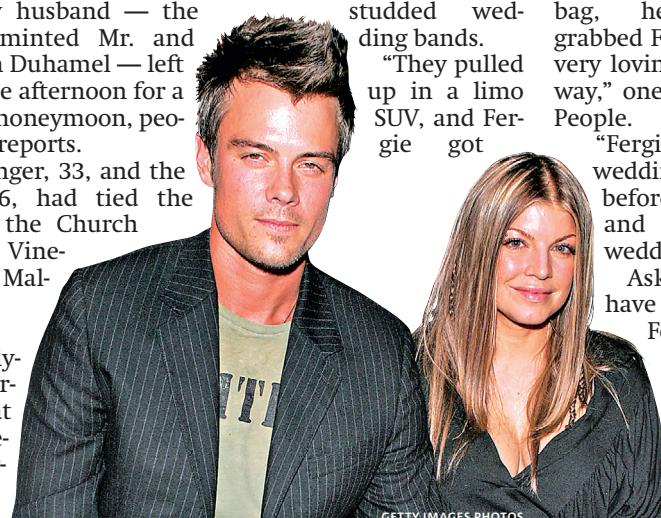
"They pulled up in a limo SUV, and Fergie got

out first and smiled. She looked so happy. After Josh got out with a carry-on bag, he immediately grabbed Fergie's hand in a very loving and protective way," one eyewitness tells People.

"Fergie said that the wedding was amazing before Josh chimed in and added that the wedding was great."

Asked if she will have any kids soon, Fergie said jokingly, "I'm pregnant with twins," the magazine adds.

METRO NEWS SERVICES



GETTY IMAGES PHOTOS

### J.Lo and Marc hop on Obama bandwagon?

**POLITICS** Jennifer Lopez and hubby Marc Anthony have found a way to bask in Barack Obama's glow — even though they didn't publicly support him until after he got elected, reports the New York Post's Page Six.

The gossip column reports Anthony agreed to sing and Lopez said she would "speak" at the Latino Inaugural Ball in DC on Jan. 18, two nights before the swearing-in. But some Latinos for Obama are furious that the wealthy couple didn't support the Democratic nominee until he'd won.

One power player called them "vile opportunists for worming themselves into anything Obama related even though they had nothing to do with his win."

According to the source, Anthony refused to perform for Obama during a crucial get-out-the-Latino-vote event in Orlando, Fla., two weeks before the election and Lopez refused to endorse Obama unless he called her himself, which he didn't. The Orlando event went on without

them and featured Bill Clinton and Jimmy Smits.

The Latino Ball, at Union Station, is scheduled to attract a list of boldface names, including Rosario Dawson, Wilmer Valderrama and Ugly Betty actor Tony Plana.

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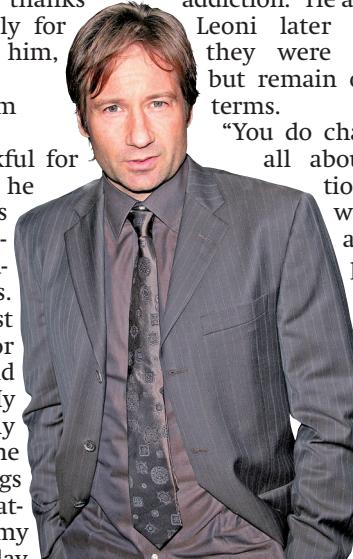


### Duchovny talks treatment

**PEOPLE** In his first public appearance since seeking treatment for sex addiction, David Duchovny expressed his thanks for his family for standing by him, us-magazine.com reports.

"I'm thankful for so much," he said on El's red carpet before the Golden Globes. "I'm just most thankful for my life and my family. My wife and my kids — the simple things in life. My gratitude opens my heart every day."

METRO NEWS SERVICES





Today  
Light snow  
-3° / -21°



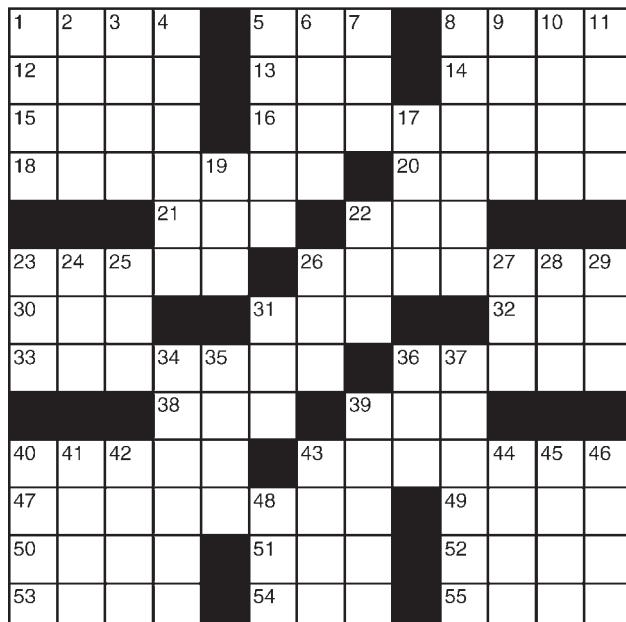
Wednesday  
Sunny  
-17° / -25°



Thursday  
Variable  
-22° / -28°

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### Crossword across

1 Help a lawbreaker  
5 James Bond, e.g.  
8 Pitch  
12 Note to self  
13 UN work agcy.  
14 Top-rated  
15 Hotel employee  
16 Lefty  
18 Do better at the box office  
20 Thready streaks  
21 Chat room chuckling  
22 Suitable  
23 Westminster, for one  
26 Michigan city  
30 Tavern

31 Carton  
32 Wool provider  
33 Louisiana tribe  
36 Cell, perhaps  
38 Glutton  
39 Festive  
40 Light bulb gas  
43 Carpentry tool  
47 Saskatchewan city  
49 Hindu noble  
50 Rim  
51 Wapiti  
52 Somewhere out there  
53 Night light?  
54 Plaything  
55 Alluring

### Crossword down

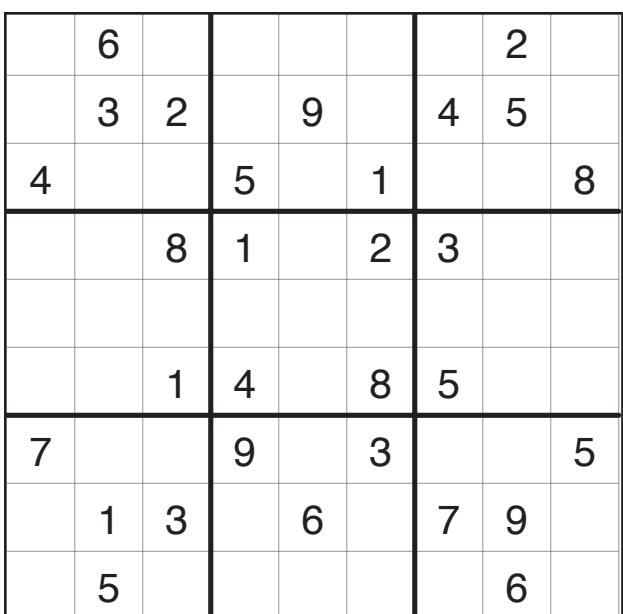
1 Bullets, arrows, etc.  
2 Suitor  
3 Discharge  
4 Walk unsteadily  
5 Twine fibre  
6 Turn the soil  
7 Addressee  
8 Papeete's island  
9 "My bad"  
10 Break suddenly  
11 Stitches  
17 Tiny branch  
19 Trigger's rider  
22 — modem

23 "Lost" network  
24 Scrooge's cry  
25 Family guy?  
26 Spread seeds  
27 Ultra-modernist (Pref.)  
28 Grain bristle  
29 Teensy  
31 Satchel  
34 Selected  
35 Color quality  
36 Skillet  
37 Problems that multiply  
39 Maladroit  
40 Prayer end

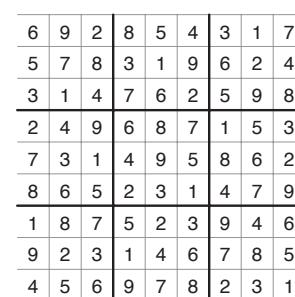
41 Took the train  
42 Spirited and aggressive  
43 Head light?  
44 Secure  
45 Trojan War hero  
46 Cautious  
48 Lustrous black

### Sudoku

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



### PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



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### SUDOKU SOLVE TIME:

Under 13 min ..... Genius  
13-17 min ..... Scholar

17-21 min ..... Smart  
21-25 min ..... Not bad  
25+ min ..... Keep practising

Rinse and dry tarragon, snip off ends and reserve as garnish; strip leaves from remaining stems, chop and set aside.

4. Transfer chicken to oven to keep warm. Add shallots to pan with remaining oil and fry, stirring, for 1 minute. Add wine and half the chopped tarragon. Boil until wine has reduced by half. Add chicken stock and reduce by half again.

5. Stir in whipping cream and remaining chopped tarragon, return chicken to pan, and warm through for 1 minute per side. Serve garnished with tarragon tips.

**SERVES 4**

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### Horoscopes

#### ARIES

**MARCH 21-APRIL 20**



#### TAURUS

**APRIL 21-MAY 21**



A complimentary person is hard to figure out. Work quickly to get a job done properly. Find the humour when a man apologizes.

#### LIBRA

**SEPT 23-OCT 23**



A funny woman will lift your spirits. Learn the true meaning of courage. A lack of common sense causes jagged nerves.

#### SCORPIO

**OCT 24-NOV 22**



A message prevents a challenge. Avoid getting stuck in your memories. Someone who has tacky taste can help you.

#### GEMINI

**MAY 22-JUNE 21**



An insomniac achieves something special. Watch your reaction to a strong temptation. A reality lesson is learned by a reluctant man.

#### SAGITTARIUS

**NOV 23-DEC 21**



A stimulating talk will break new ground. Inventive help comes from somebody who is stressed. You'll be able to move again.

#### CANCER

**JUNE 22-JULY 22**



Give yourself permission to find wealth. A lonely person will go away to a better place. Someone is bowing to your will to succeed.

#### CAPRICORN

**DEC 22-JAN 20**



You can refuse a melodramatic person's help. A fresh reaction will inflame gossips. An anxious guy wants you to give a pep talk.

#### LEO

**JULY 23-AUG 23**



A helpful foreigner aids your plans. Reduce your anxiety with a change of direction. Don't be afraid to have second thoughts.

#### AQUARIUS

**JAN 21-FEB 18**



You can refuse a melodramatic person's help. A fresh reaction will inflame gossips. An anxious guy wants you to give a pep talk.

#### VIRGO

**AUG 24-SEPT 22**



Grumpiness will change a plan. An insignificant effort will pay off. Your reputation gets more attention.

#### PISCES

**FEB 19-MARCH 20**



Some people are doubtful about your plans. You must face an aversion if you want to conquer it. An early-bird will be punished.

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